

Ooodles of Noodles

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains

Main Dishes, Side Dishes, B-26r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat dry	2 lb 12 oz	3 qt 2 3/4 cups	5 lb 8 oz	1 gal 3 qt	2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Extra virgin olive oil		1/3 cup		2/3 cup	3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape.
*Fresh grape tomatoes, halved	3 lb	2 qt	6 lb	1 gal	
Dried basil		1/8 cup		1/4 cup	4. Add basil, salt pepper, and garlic
Sea salt		1 Tbsp		2 Tbsp	
Ground black pepper		1/2 Tbsp		1 Tbsp	
Fresh garlic, minced	2 oz	1/4 cup	4 oz	1/2 cup	
Whole-wheat flour	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups	

*Fresh Swiss chard, stems removed, chopped

1 lb 4 oz

1 qt 2 1/2 cups

2 lb 8 oz

3 qt 1 cup

5. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

6. Pour over pasta and serve.

7. Critical Control Point: Hold for hot service at 135 °F or higher.

8. Portion with 8 fl oz ladle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving

CACFP Crediting Information: 1 cup provides 1/4 cup vegetable and 2 servings grains/bread.

NSLP/SBP Crediting Information: 1 cup (8 fl oz ladle) provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 2 oz equivalent grains.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Grape tomatoes	3 lb 1 oz	6 lb 2 oz
Swiss Chard	1 lb 6 oz	2 lb 12 oz

Serving	Yield	Volume
See notes.	25 Servings: about 9 lb 8 oz	25 Servings: about 20 lb 8 oz
	50 Servings: about 1 gallon 1 qt	50 Servings: about 2 gallons 2 qt

Nutrients Per Serving					
Calories	235	Saturated Fat	1 g	Iron	5 mg
Protein	9 g	Cholesterol		Calcium	50 mg
Carbohydrate	43 g	Vitamin A	1519 IU	Sodium	323 mg
Total Fat	4 g	Vitamin C	15 mg	Dietary Fiber	5 g